



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01139, Egg, goose, whole, fresh, raw

Report Date: July 09, 2017 12:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:13% Refuse Description: Shell

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 144g
Proximates					
Water	g	70.43	3	0.498	101.42
Energy	kcal	185	--	--	266
Energy	kJ	775	--	--	1116
Protein	g	13.87	3	0.120	19.97
Total lipid (fat)	g	13.27	3	0.636	19.11
Ash	g	1.08	3	0.049	1.56
Carbohydrate, by difference	g	1.35	--	--	1.94
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.94	--	--	1.35
Minerals					
Calcium, Ca	mg	60	--	--	86
Iron, Fe	mg	3.64	--	--	5.24
Magnesium, Mg	mg	16	--	--	23
Phosphorus, P	mg	208	--	--	300
Potassium, K	mg	210	--	--	302
Sodium, Na	mg	138	--	--	199
Zinc, Zn	mg	1.33	--	--	1.92
Copper, Cu	mg	0.062	--	--	0.089
Manganese, Mn	mg	0.038	--	--	0.055
Selenium, Se	µg	36.9	--	--	53.1
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 144g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.147	--	--	0.212
Riboflavin	mg	0.382	--	--	0.550
Niacin	mg	0.189	--	--	0.272
Pantothenic acid	mg	1.759	--	--	2.533
Vitamin B-6	mg	0.236	--	--	0.340
Folate, total	µg	76	--	--	109
Folic acid	µg	0	--	--	0
Folate, food	µg	76	--	--	109
Folate, DFE	µg	76	--	--	109
Choline, total	mg	263.4	--	--	379.3
Vitamin B-12	µg	5.10	--	--	7.34
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	187	--	--	269
Retinol	µg	185	--	--	266
Carotene, beta	µg	13	--	--	19
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	12	--	--	17
Vitamin A, IU	IU	650	--	--	936
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	442	--	--	636
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	1.86
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.7	--	--	2.4
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	2.4
Vitamin D	IU	66	--	--	95
Vitamin K (phylloquinone)	µg	0.4	--	--	0.6
Lipids					
Fatty acids, total saturated	g	3.595	--	--	5.177
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 144g
12:0	g	0.000	--	--	0.000
14:0	g	0.050	2	--	0.072
16:0	g	2.849	2	--	4.103
18:0	g	0.696	2	--	1.002
Fatty acids, total monounsaturated	g	5.747	--	--	8.276
16:1 undifferentiated	g	0.394	2	--	0.567
18:1 undifferentiated	g	5.353	2	--	7.708
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.672	--	--	2.408
18:2 undifferentiated	g	0.680	2	--	0.979
18:3 undifferentiated	g	0.554	2	--	0.798
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.279	2	--	0.402
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	852	--	--	1227
Amino Acids					
Tryptophan	g	0.282	--	--	0.406
Threonine	g	0.797	--	--	1.148
Isoleucine	g	0.647	--	--	0.932
Leucine	g	1.188	--	--	1.711
Lysine	g	1.030	--	--	1.483
Methionine	g	0.624	--	--	0.899
Cystine	g	0.309	--	--	0.445
Phenylalanine	g	0.910	--	--	1.310
Tyrosine	g	0.664	--	--	0.956
Valine	g	0.958	--	--	1.380
Arginine	g	0.828	--	--	1.192
Histidine	g	0.346	--	--	0.498
Alanine	g	0.683	--	--	0.984
Aspartic acid	g	0.841	--	--	1.211

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 egg 144g
Glutamic acid	g	1.937	--	--	2.789
Glycine	g	0.457	--	--	0.658
Proline	g	0.520	--	--	0.749
Serine	g	1.043	--	--	1.502
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0